ADVICE TO MILADY

By LYDIA LANE

If You Want to Face Up to Life

CULTIVATE the VIRTUES

HOLLYWOOD — Jane Wyatt has been married to her TV husband (Robert Young of "Father Knows Best") for five years and to her real one for more than 20. Although her husband is not a part of the entertainment field, she has found no difficulty in combining a career and marriage.

"What's your secret?" I asked Jane as we lunched together recently.

"Picking the right man," she said with a grin. "I think every problem can be worked out with love and understanding."

Jane scanned the menu, and I asked: "Don't you wear glasses any more?" I remembered how nearsighted she used to be.

"Contact lenses," she explained. "They're wonderful. I can't tell you what they do for my ego."

"But what do you do about adjusting to things near or far?" I wondered.

"That's simple," Jane said. "I wear a lens in only one eye."

"Is it difficult to get used to?"

"It takes patience, a little training and many adjustments, but it does so much for one's confidence that it's well worth any effort. I started wearing mine for 10 minutes, then 20 minutes and gradually I wore it for hours. Now I wear it all the time and never feel uncomfortable."

We were in an Italian restaurant, and Jane ordered Zabaglions for dessert.

"It's made of eggs and sherry and is simply delicious. Try it," she urged.

"It's amazing how much I can eat when I avoid starches. By giving up all bread and potatoes, except baked, I have no problems."

"Tell me a beauty secret," I said switching the conversation.

"I was afraid of that," Jane laughed, "but I have a wonderful new discovery. At least it's new to me. I've found an oil for taking off make-up that washes off with water. It makes me feel so much cleaner than when I removed the cream with tissues. And it does a much better job of getting everything off—especially heavy TV make-up."

Jane has unusually lovely hair, and she told me it is naturally curly. For years she's had it brushed professionally and believes this is the reason for its brilliant sheen.

"I never have used anything, such as a pomade, on it, but I go to a beauty salon about every 10 days. My beautician sold me a brush with natural boar bristles, and in between shampoos I brush and brush to stimulate the scalp and bring up the circulation. I know this is a controversial subject, but I believe hair shouldn't be washed more than once every 10 days."

Jane and I have known each other a long time, and we chatted about the changes that come with time.

"I think if I had been a great beauty and depended on this for attention, I might be tempted to pretend to cling to youth. But I was never in the glamour race or felt this type of appeal belonged to me, so I have no difficulty in accepting maturity."

"You are so easy going. Tell me what philosophical signposts have helped you to travel such a smooth road," I asked.

Jane was prepared for this one.

"Don't look at anything too close. Give every difficulty or problem the long-view test.

"Maturity has wonderful compensations," she continued. "It's difficult for the young to appreciate such virtues as charity and humility but the acceptance of these gives you a strength that makes you able to face life and makes you ready to accept reality."

JANE WYATT

THOUGHT FOR FOOD . . .

. . . By MURIEL WILSON

HOME BAKING is HOME MAKING

BECAUSE of her flippant and tactless remark, "Let them eat cake," Marie Antoinette made history and consequently lost her head.

That people in those days set great value on bread is evinced by the fact that the fine for murdering a baker was three times greater than the fine for killing an ordinary man. Today bread is still an important item of food but I am amazed that so few housewives make their own.

Is it because so many women have foresworn this staff of life in the hope of losing weight? Homemade bread certainly would be more of a temptation. Although I don't intend to get into any controversy over diet I would like to point out that one slice of bread yields only about 75 calories while in a medium sized apple there are 100. Those who have given up eating bread in order to reduce should take a second look at a calorie table. No single food is fattening . . . it's the total daily intake that determines whether you gain, lose or maintain weight.

But let's lead the housewife back to the oven and point out some advantages in making at least some of the bread that appears on her table.

Whether baker's or homemade, bread is one of the most economical and energy-yielding foods. Baking bread at home is fun and one of the great satisfactions of life. It is one of the best ways I know of to make husbands and families happy.

What husband coming home at night, frayed and weary from the tensions of the day, would not be filled with a sense of well-being if met by the fragrance of freshly baked bread? What children coming home from school could help feeling enveloped in love if Mother had fresh home-made bread waiting for them. Who knows? Perhaps juvenile delinquency, divorce and mental illness might decrease if there were more bread-making wives and mothers.

If you have a spark of the spirit of adventure bread making should appeal to you. You can change the texture and flavor by adding a cup or two of any kind of cereal—rye, graham, whole wheat flour or all bran. Once you have learned to make a basic loaf you can branch out into a fascinating array of rolls and sweet breads . . . the variety is endless.

About the simplest version using yeast is "No Knead Dough." With this basic recipe you can make two medium-sized loaves or three dozen rolls or two cinnamon loaves.

For quick rising use two packages of yeast but with the slow overnight method, one package is enough. No need to keep overnight dough warm, just cover it with a light towel. If you want speed in rising, place the dough in a warm place.

Now here we go with the quick method . . . Soften two packages of yeast in half a cup of warm water. Scald one-and-a-half cups milk and pour over two teaspoons salt, one half cup sugar and one half cup shortening. Cool to lukewarm. Add the yeast mix and two cups sifted bread flour. Beat, then add one or two eggs. If you are making plain bread use a little less sugar and omit the eggs. Beat till smooth. Add enough more flour to make a soft almost sticky dough. Pat salad oil over the top, cover and place in a warm spot till dough is double in bulk.

Suppose we make one cinnamon loaf and some rolls. Turn out on a floured board. Divide the dough in half. For the cinnamon loaf pat the dough into a rectangle about half an inch thick. Have mixed three tablespoons melted butter, one half cup brown sugar and a tablespoon cinnamon. Save one tablespoon for top of loaf and spread the rest on the rolled out dough. Roll up like a jelly roll. Pinch the ends together and place the loaf, seam side down, in a greased pan. Pat sugar-cinnamon mixture on top. Let rise till double in size. Bake in a 350-degree oven for about 45 minutes.

For the rolls . . . Pat the balance of the dough into a square about an inch thick. Cut criss cross first one way then the other. Use a sharp knife for this, make about two-inch squares. Place these puffy little pillows of dough on a greased baking sheet and let rise again. When nice and high, into the oven with them. They won't take quite as long as the cinnamon loaf. They can all go into the oven together but the rolls should be done in 30 minutes.

Bread-making yields satisfaction out of all proportion to the small effort it requires.